

OPENING CHANTS – MANTRAS

Mantras are subtle sound vibrations that were revealed to ancient sages in the deepest levels of meditation. Mantras, such as **Om** and **Hari Om**, are chanted at the beginning of the Hatha Yoga class to create a peaceful vibration and an inner feeling of well-being in the body and mind of each student.

CLOSING PEACE CHANTS

These peace chants or universal prayers have been offered daily all over the earth for thousands of years. They remind us of our higher aspirations and help us to invoke an attitude of good will toward all beings and to transmit the harmonious energies of the Hatha class to the entire world.

**Asato Maa Sat Gamaya
Tamaso Maa Jyotir Gamaya
Mrityor Maa Amritam Gamaya
Om Shanti, Shanti, Shanti**

Lead us from unreal to real,
Lead us from darkness to the Light.
Lead us from the fear of death to
knowledge of immortality.

Om Shanti, Shanti, Shanti.

Loka Samastaa Sukino Bhavantu

May the entire universe be filled with
peace and joy, love and light.

Leader: May the Light of Truth
overcome all darkness.

Response: Victory to that Light!

Leader: **Jai Sri Satguru Maharaj Kil**

Response: **Jai!**

Integral Yoga® Hatha

